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MOVING TOWARD THE ART OF GOOD HEALTH



Through support from Blue Cross Blue Shield of Mississippi Foundation *Moving Toward the Art of Good Health* helps children across Mississippi become more fit while learn the art of ballroom dancing. Ballroom dance and social etiquette are integrated into the students regular physical education classes as a supplemental curriculum.

The official [Teachers' Guide](#), is available as a resource to teachers who wish to make this a part of their students weekly fitness routine.

The program encourages students to become physically active through dancing while learning about health, wellness and good nutrition.

For information on this program, contact Charlotte Smelser, Arts Education Director at csmelser@arts.ms.gov.

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